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TO SLEEP, PERCHANCE TO DREAM: HEMI-SYNC® SLEEP INDUCTION SYSTEMS

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In the Winter 1994 issue of the FOCUS, Skip Atwater drew on his extensive experience as a monitor for an insider's view of a PREP (Personal Resource Exploration Program) session in the TMI lab. Of course, the research that forms the foundation of our tapes and programs is Skip's primary concentration. Did you ever wonder why the Hemi-Sync sleep induction tools help you sleep so well or how to use them for the best results? Read on and find out!

The Monroe Institute's Hemi-Sync sleep induction systems use specifically designed sound patterns to regulate the sleep cycle. Consistent use of these Hemi-Sync sound patterns at night encourages the formation of natural sleep cycles. Pleasing background sounds (musical tones or phased-pink) mask background noise and shift attention away from disrupting, sleep-incompatible activities, such as cognition. Sleep-stage-specific binaural beat sound waves, combined with these background sounds, induce brain-wave patterns and changes in consciousness associated with natural sleep. People who experience insomnia because of physical or mental tension may find that Hemi-Sync sleep induction systems solve the problem without risking the side effects of drugs.

The sleep-stage-specific binaural sound waves of the Hemi-Sync system work because of their unique design. Rather than simply selecting beta, alpha, theta, or delta sine-wave binaural beats to stimulate the various sleep stages, human sleep-wave patterns were developed with the aid of computerized EEG recording equipment.

Brain-wave recordings from a number of sleeping subjects were categorized according to sleep stages. Then, characteristic wave forms for each stage of sleep were combined mathematically to produce a unique wave form for each sleep stage. These human-sleep-stage wave forms were then converted into sleep-stage-specific Hemi-Sync binaural beats. With the Hemi-Sync system, each stage of sleep is induced at the proper time in the cycle with appropriate, uniquely human, wave patterns.

Insomnia is a complaint or symptom, rather than a disorder, that can be caused by a variety of medical, psychological, and behavioral disorders, as well as by acutely stressful situations. Hemi-Sync sleep systems are not medically approved devices. No medical claims are made for them, and they should not be used in lieu of prescribed medical treatment. However, they can help to prevent and treat insomnia caused by physical or mental stress. If insomnia is due to medical, toxic, or environmental conditions, remove or improve these conditions first.

Proper use of Hemi-Sync sleep programs requires stereo audio equipment with suitable speaker placement or the use of stereo headphones. Initially, adjust the volume—louder to cover distracting noises or softer if you are accustomed to a relatively quiet environment; whatever is most comfortable for you. The system will automatically adjust its volume level throughout the night as you move in and out of deep sleep. Plan a regular sleep-wake schedule, whether you are dealing with insomnia or simply enhancing the quality of sleep. Inconsistent sleep times can reduce sleep quality because the sleep-wake cycle is a biological rhythm. Base total sleep time on the amount of sleep you need to feel alert and energetic during the day. Everyone has different requirements. Once a bedtime has been chosen, it's helpful to establish a bedtime routine. The rituals of checking the house, turning out the lights, changing clothes, and brushing teeth may seem subtle, but they are effective psychological messages saying, "It's time to relax."

If you've been having trouble sleeping, wait until you feel sleepy to go to bed. A quiet activity for thirty to sixty minutes before bedtime, such as reading or handwork, is helpful in "gearing down" for sleep. Turn on the Hemi-Sync system when you first lie down. If you can't fall asleep within ten minutes, turn off the system, leave the bedroom, and engage in a "gearing down" activity. Return to bed only when you feel drowsy, and turn on the Hemi-Sync system once again. If it's still hard to fall asleep, repeat this routine at ten-minute intervals until you do.

The single most important factor in promoting good sleep and in using Hemi-Sync sleep induction systems may be a regular rising time. "Sleeping in" has the potential to disrupt the next night's sleep, just as napping during the day may reduce the desire to sleep that night. The Hemi-Sync system will return you to waking consciousness surely and gently, ready to face the day filled with energy and vitality. Consumption of substances such as caffeine, nicotine, and alcohol is not recommended when using Hemi-Sync. Caffeine should be avoided in the late afternoon and evening. Alcohol's depressant effects may promote the onset of sleep. However, two or more hours later, when the drug is metabolized, sleep becomes fragmented. The Hemi-Sync system will provide all that you need to get a good night of refreshing sleep without stimulants or depressants.

Athletes have more delta (Stage 3—Stage 4) sleep than nonathletes. Regular exercise appears to deepen sleep, and the time of day exercise is performed is also relevant. When using Hemi-Sync as an aid to sleep, plan daily exercise in the afternoon or early evening. The deep delta cycles programmed into the Hemi-Sync system are most effective when your whole body is physically prepared to resonate with the slow, sonorous rhythms.

Finally, to enjoy the exemplary, restful night of slumber that Hemi-Sync can provide, make the bedroom a snug place that you associate with sleep. Room temperature should be comfortable—slightly cool is better than slightly warm. Your mattress should be tailored to your preference. Reserve the bedroom for pleasurable activities like sleep, reading, or lovemaking.

Tasks like balancing the checkbook or resolving problems may transform the bedroom into a stimulus for alertness, mental activity, frustration, and concern, rather than for pleasant relaxation.

Hemi-Sync sound patterns are designed to facilitate natural sleep cycles. If presented proficiently in a conducive environment, they effectively induce normal sleep stages and produce the nocturnal sleep patterns essential for restful, refreshing sleep.

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